

Meat Stock and Bone Broth: Both nutrient-dense, but what's the difference?

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Meat stock is beneficial for healing the gut, because it is high in gelatin and glycine. Once the gut is healed, bone broth can be consumed. Some individuals, depending on the state of their gut, may have a problem consuming bone broth because of the natural free glutamates. This includes children who have ADHD, autism, and adults with MS and other neurological disorders. If you experience die-off reactions (diarrhea, nausea, constipation, skin outbreaks/rashes) while consuming bone broth, switch to meat stock.

Meat Stock:

- Gelatin rich
- Lower in minerals
- Lower in glutamates
- Lower in amino acids
- Great for optimal growth in infants and children
- Cooking time: Poultry stock - 1 ½-2 hours; Meat stock - 4 hours

Bone Broth

- Mineral rich
- Lower in gelatin
- Higher in glutamates
- Higher in amino acids

Both stock and broth can be made from the same bones. Make sure that you source organic, pastured chickens and grass-fed, hormone-free beef, and organic vegetables.

Chicken Meat Stock

1 whole chicken, cut up, 2 feet or heads optional, if you can get them

4 quarts pure water

2 tablespoons organic, raw apple cider vinegar (ACV)

1-2 brown onions, skin on, washed and quartered

2-4 carrots

3-4 celery stalks

optional: 3-4 smashed garlic cloves, and/or a bouquet garni (fresh bay leaf, thyme, rosemary or sage)

Parsley, to be added in the last 10 min of cooking

1-2 teaspoons Celtic sea salt, or to taste

1. In large stockpot (8-12qts) place chicken, water and ACV and allow to sit for 30 minutes to an hour. This will draw the gelatin and minerals from the bones.
2. Add all vegetables, except parsley. Bring to a boil and reduce heat to a gentle simmer, removing the foam that has risen to the top and cook for 1 ½-2 hours. A gentle simmer looks like it's mostly still on the surface with a few bubbles rising

- to the surface. Too active of a simmer or boil will break down the gelatin in the stock. Add parsley and salt for the last 10 minutes of cooking time.
3. Remove chicken and when cool enough to handle, debone and reserve meat and bones separately. Strain the stock through a fine mesh sieve or chinois. Once stock has cooled, pour into glass containers for refrigerating or freezing. Make sure you leave room at the top (2 inches) to allow for expansion if storing in the freezer.
 4. Stock may be frozen for up to 6 months or refrigerated for 5-7 days. After 5-7 days in the refrigerator, bring to a boil again, skim the foam, and you may store it for 5 more days.
 5. When using stock for any recipe, always bring to a boil and skim the foam.
 6. To serve, I like to add a pinch of curry powder for flavor. You can enjoy with or without the meat and vegetables.

Chicken Bone Broth

To make bone broth, follow the above recipe and use your reserved bones from the stock, or any you have accumulated. When roasting chickens, I like to save and freeze the bones for bone broth.

If using the bones from one chicken, add 2 quarts of purified water, 1 Tablespoon ACV and more vegetables for flavoring the broth. You can also use the vegetables from the stock that you just made. Bring to a boil and simmer gently for an additional 12-24 hours.

If you want to make 4 quarts of broth, use the carcasses from 2 chickens, 4 quarts of pure water and the same amount of vegetables from the stock recipe to flavor the broth. Bring to a boil and simmer gently for an additional 12-24 hours. Add salt to taste. At the end of this time, the bones will almost disintegrate and crumble.

Beef or Lamb Meat Stock

4-5 pounds of joint and knuckle bones

3 pounds meaty bones (rib, marrow or shanks) Roast these bones for 30 minutes at 350° for flavor and color, prior to soaking

4 or more quarts of pure water to cover

½ cup ACV

3 celery ribs

3 carrots

3 onions (quartered, with peel left on)

1 bunch fresh thyme

1 bunch fresh parsley

1. In large stockpot (8-12qts) place bones, water and ACV and allow to sit for an hour. The bigger the bones, the longer the soak. This will draw the gelatin and minerals from the bones.
2. Add all vegetables, except parsley. Bring to a boil and reduce heat to a gentle simmer, removing the foam that has risen to the top and cook for 3-4 hours. A

- gentle simmer looks like it's mostly still on the surface with a few bubbles rising to the surface. Too active of a simmer or boil will break down the gelatin in the stock. Add parsley and salt for the last 10 minutes of cooking time.
3. Remove the beef and bones, and when cool enough to handle, pull off the meat and reserve meat and bones separately. Strain the stock through a fine mesh sieve or chinois. Once stock has cooled, pour into glass containers for refrigerating or freezing. Make sure you leave room at the top (2 inches) to allow for expansion if storing in the freezer.
 4. Stock may be frozen for up to 6 months or refrigerated for 5-7 days. After 5-7 days in the refrigerator, bring to a boil again, skim the foam, and you may store it for 5 more days.
 5. When using stock for any recipe, always bring to a boil and skim the foam.

Beef or Lamb Bone Broth

To make bone broth, follow the above recipe and use your reserved bones from the stock, or any you have accumulated. Add pure water to cover and additional ½ cup ACV, bring to a boil, skim any foam, and simmer gently for 24-72 hours. Add salt to taste.

The length of time can seem daunting for bone broth, but you can “roll” your stock, to add up to the amount of time desired. Keep a note pad or paper by your stockpot. Tally up the cooking hours, and if you have to leave for work, you can turn off your burner and leave the stockpot as is, and when you return home, bring to a boil, skim the foam, and gently simmer. Keep adding hours until you get to the desired total cooking time.

Crock Pot Variation

If your crockpot can maintain a gentle simmer, you can make stock and broth in it. Many crockpots will still cause liquids to boil at the lowest setting, which will break down the gelatin you are trying to draw out from the bones.

Chicken Meat Stock

1 whole chicken, cut up, 2 feet or heads optional, if you can get them

3 quarts pure water

1 1/2 tablespoons organic, raw apple cider vinegar (ACV)

1-2 brown onions, skin on, washed and quartered

2-4 carrots, cut into chunks

3-4 celery stalks

optional: 3-4 smashed garlic cloves, and/or a bouquet garni (fresh bay leaf, thyme, rosemary or sage)

1 bunch parsley, to be added in the last 10 min of cooking

1-2 teaspoons Celtic sea salt, or to taste

1. Place chicken, water and ACV in crockpot and cook on high for 2-3 hours. Skim any foam comes to the surface. Remove the chicken and when cool enough to handle, remove the meat and reserve for another use. Return the bones to the pot.
2. Reduce setting to low. Add all vegetables except for the parsley and cook on low for 12 hours. If the stock boils too much, vent the lid a bit, to lower the internal temperature. Turn off the pot, and add the parsley and salt and cover for 10 min. Strain the stock through a fine mesh sieve or chinois (china cap). Once stock has cooled, pour into glass containers for refrigerating or freezing. Make sure you leave room at the top (2 inches) to allow for expansion if storing in the freezer.
3. Stock may be frozen for up to 6 months or refrigerated for 5-7 days. After 5-7 days in the refrigerator, bring to a boil again, skim the foam, and you may store it for 5 more days.
4. When using stock for any recipe, always bring to a boil and skim the foam.

For bone broth in the crockpot, just continue to cook on lowest setting for 24 hours